

EPI Update for Friday, April 27, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Measles update: No Iowa cases**
- **Tips for treating patients before and after international travel**
- **In the news: Dark chocolate consumption reduces stress and inflammation**
- **In the news: To prevent falls in older age, try regular exercise**
- **Infographic: What Iowans should know about measles**
- **Meeting announcements and training opportunities**

Measles update: No Iowa cases

At this time, no cases of measles have been identified among Iowans exposed at two different restaurants in Polk County in mid-April. Health care providers and the public are urged to keep an eye out for individuals experiencing symptoms of measles (fever and rash with cough, runny nose or conjunctivitis), especially if they have had a known exposure.

For more information about the measles exposures in Iowa, visit www.idph.iowa.gov/News/ArtMID/646/ArticleID/158215/Measles-Exposures-in-Des-Moines-Ankeny-42318.

Tips for treating patients before and after international travel

IDPH has provided consultation for several recent situations related to disease exposure during international travel. Of special concern are mission trips, which often require travelling to or through remote locations and during which access to safe water may be limited. As highlighted often in this publication, health risks are constantly emerging and changing in various countries around the world. Here are some tips and tricks for health care providers treating patients prior to and following international travel.

Before a patient leaves for international travel:

- Visit wwwnc.cdc.gov/travel to see if there are travel advisories for areas the patient will be travelling. It is important to check not only the patient's destination, but also any areas the patient may travel through to reach their destination.
- Review CDC's Yellow Book at wwwnc.cdc.gov/travel/page/yellowbook-home for information on vaccine recommendations and other health advice for areas the patient will be travelling to or through.

After an ill patient has returned from recent international travel

- Screen all acutely ill patients for international travel, which may aid in diagnosis and treatment.

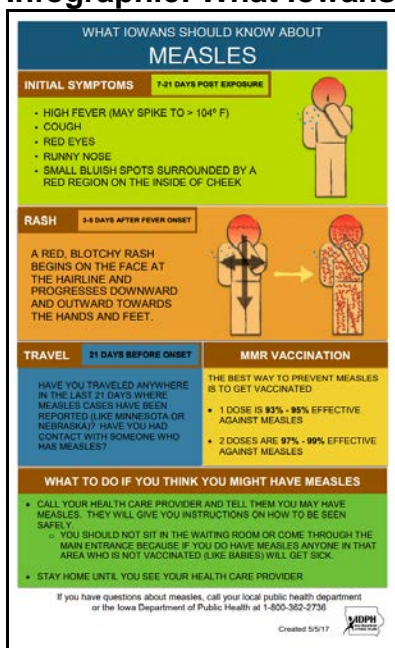
- Consider common diseases, such as influenza, because exotic locales have these diseases, too.
- Consider diseases not commonly seen in Iowa, especially those listed at wwwnc.cdc.gov/travel or in CDC's Yellow Book at wwwnc.cdc.gov/travel/page/yellowbook-home as diseases endemic to or present in areas the patient travelled.
- If you suspect a patient may be ill with a disease that is immediately reportable in Iowa, please call IDPH immediately at 800-362-2736 during business hours or 515-323-4360 outside of business hours.

IDPH also has a handy checklist for international travelers that can be found at idph.iowa.gov/Portals/1/Files/CADE/health_guidance_international_travel.pdf.

In the news: Dark chocolate consumption reduces stress and inflammation
www.sciencedaily.com/releases/2018/04/180424133628.htm

In the news: To prevent falls in older age, try regular exercise
www.npr.org/sections/health-shots/2018/04/17/603186213/to-prevent-falls-in-older-age-try-regular-exercise

Infographic: What Iowans should know about measles



To view in full size, visit idph.iowa.gov/Portals/1/userfiles/175/documents/measles%20public%20infographic%20%282%29.pdf.

Meeting announcements and training opportunities

The University of Iowa will be hosting an *Agricultural Safety and Health Course*, June 11-15, 2018, for physicians, nurses, veterinarians, safety and health

managers, graduate students, and anyone interested in the unique safety and health needs of rural and agricultural communities. For information, visit www.public-health.uiowa.edu/gpcah/education/ag-safety-and-health-course.

Have a healthy and happy week!

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800-362-2736